

## **MOVE! Mental Health Program at Minneapolis**

### **MOVE! Intro Class**

Come learn more about MOVE! program options available.

Offered the third Monday once per month and the second Tuesday every other month.

### **MOVE! MH 8-week Group**

Topics include – healthy eating, exercise, portion control, tips for dining out, goal setting and more!

### **MOVE! MH Weekly Support Groups (ongoing – drop in)**

This group includes weekly weigh-ins, support and additional education about healthy eating.

### **Individual MOVE! visits**

Meet one-to-one with MOVE! staff at your request.

**To learn more, contact:** (612) 467-4030 or (612) 467-3972